



NEW COMMUNITY CLARION

SERVING THE PEOPLE OF BABYLAND - St. ROSE OF LIMA & NEW COMMUNITY

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FOOD SERVICE CARES FOR YOUNG AND OLD

New Culinary Skills Added to Keep Pace With Future Expansion

Providing meals for almost 700 individuals each day is no small task, and it is taken very seriously by those responsible for it in Babyland Nursery. Eleven hundred nourishing meals and 600 snacks are prepared daily, not only for infants and children but for their adult caregivers and other staff members and for elderly participants in a special program called Congregate Services handled by NCC Social Services department.

One thing stands out in this complicated food program — the quality of the food services provided by Babyland.

Many who provide day care contract for their food service, but Babyland meals come from its own kitchens. Respect is always given for cultural and religious preferences as well as individual medical dietary needs. Menus must meet the approval of the Bureau of Child Nutrition Programs within the Department of Education in Trenton — where minimum standards are set. A sample menu for two weeks must be submitted for their approval.

Babyland, however, not only meets the minimum requirements set by

the state but goes far beyond that in its food program.

Having begun 15 years ago as a small day care center, Babyland is now a large operation with an even larger future and part of its obligation to the community it feels, is to provide opportunities for employment in new career fields. With the opening of the New Community Extended Health Care Facility sometime next year, as well as the new restaurant planned for St. Joseph Plaza, now under construction, there will be additional need for professional know-how in the kitchens.

Six employees are now attending The New School Culinary Arts Program, at The New York Restaurant School in New York City where they are learning such varied skills as buying fish in bulk at the Fulton Fish Market, the Chemistry of Cooking, and professional chef training. These students work hard, attending classes seven days a week, sometimes early in the morning before coming to work.

The day we were at the Babyland III kitchen, chickens were simmering away spreading a delicious aroma. Soon the stock produced would be



Rosemary and Gayle Chaneyfield at work in the sparkling modern kitchen at Babyland III.

skimmed and used to enrich as well as flavor the vegetables and rice prepared for future meals. Whole fish had been neatly filleted using the knife skills recently learned, and were ready for refrigeration. One of

the things they could use now at Babyland III to make their operation even more efficient is a large walk-in freezer. Since their new courses have taught them how to buy in bulk and

(Continued on Page 6)

A Caring Place: United Hospitals Medical Center Dr. Cowan Plans Future



James R. Cowan, M.D.
President and Chief Executive
Officer United Hospitals
Medical Center

Who would expect a blind person to come all the way from South America to Newark for the restoration of his sight? Doesn't this only happen in big New York hospitals? Not at all. In fact Louis Espinosa, a 20 year old young man from Uruguay, will never forget United Hospitals Medical Center, the place where all this happened, nor will he forget Dr. Anthony Caputo, Pediatric Ophthalmologist of the Eye Institute, affiliated with United Hospitals — the man who gave back his sight.

Not every day is as dramatic as this at United, but every day many lives are touched by the services rendered by the fine doctors and other

dedicated staff members of this hospital.

Under the leadership of Dr. James R. Cowan, President and Chief Executive Officer, the hospital is constantly trying to find better ways to serve its people. As Dr. Cowan told us recently "our formal mission is to provide medical services to this particular community." United Hospitals is informally recognized as the "family physician" for this community, as a walk through the Emergency Room area demonstrated.

Dr. Cowan noted the exodus of physicians from Newark in the last few years for a variety of reasons but

(Continued on Page 3)



Keeping Pace

Syndication Returns New Community Homes To Financial Health

New Community Director of Development Matthew A. Reilly continues series on development activities and related concerns.

In 1968, President Lyndon Johnson recommended and the U.S. Congress enacted a Housing and Urban Development Act which included the following language:

The Congress finds that the supply of the nation's housing is not increasing rapidly enough to meet the national housing goal of the realization as soon as feasible of a decent home and a suitable living environment for every American family.

The 1968 act authorized a new federal subsidy program to help achieve the national housing goal. Section 236 of the act enabled the federal government to make a monthly housing assistance payment to a lender on behalf of mortgagors own-

cent. The subsidy concept was that a reduction in the cost of the mortgage would enable a housing development to charge rental rates which would be affordable to low and moderate income families.

While the Section 236 program was initially quite popular and helped to produce hundreds of thousands of new housing units nationwide, it soon became clear that the program had serious financial flaws. In November of 1974, the U.S. Department of Housing and Urban Development, in connection with its national Housing Policy Review, reported that approximately 20 per cent of all Section 236 units were expected to fail in the first 10 years of operation because the program did not appear to be actuarial sound.

The fundamental problem with the Section 236 program is that the federal subsidy is restricted to the mortgage interest rate reduction. All other expenses of the housing development must be paid from rent revenues. For instance, when utility costs rose dramatically in the 1970's, there was no federal subsidy mechanism to offset those increased expenses. The only way to meet the higher expenses was to increase rents. But this situation put both the housing owners and the tenants in a real bind. If the rents were greatly increased, the housing would no longer be affordable to low and moderate income families. If the rents were not increased, the housing development would not have enough money to pay its bills. As a result of this situation, many Section 236 projects tumbled into deep financial difficulties.

In October of 1973, NCC broke ground for our first housing development, New Community Homes. Homes was financed with a mortgage from the New Jersey Housing Finance Agency (NJHFA) in conjunc-

tion with the Section 236 subsidy from the federal government. NCC's first residents moved into the Homes development in the Spring of 1975.

Despite the fact that NCC was able to maintain Homes as one of the more healthy 236 projects in the state, it still suffered from the inherent inadequacies of that subsidy program. By the Fall of 1981, it was clear that Homes' financial picture was getting steadily worse. In November of that year, the staff of the NJHFA recommended that Homes implement a 42% monthly carrying charge increase for 1982. Both the NCC and Homes Board members knew that the cooperative owners could not afford such a large increase. So together they set out to find another way to save Homes from financial ruin.

Throughout 1982, NCC worked closely with the Homes cooperative owners and the Board and staff of the NJHFA to work out a plan to return Homes to financial health. It was determined that a real estate transaction commonly referred to as "syndication" was the answer to Homes' problems.

In order to effect this transaction, the Homes cooperative owners voted in March of 1982 to convert homes to a landlord-tenant form of ownership. Then NCC set out to find a syndicator who would identify limited partners who would provide Homes with the infusion of private capital which it so desperately needed.

In relation to Homes, "syndication" refers to a process wherein the non-profit owner (Homes) conveys ownership of the housing development to a for-profit limited-dividend, limited-partnership. The non-profit owner retains full control of the housing development by becoming the Managing General Partner of the partnership. The new limited-partners make

payments to the non-profit owner in connection with their admission to the partnership. The relationship between the non-profit owner and the new limited partners is a symbiotic one. The limited partners are able to take advantage of the favorable tax consequences of owning rental housing for low and moderate income families. (These favorable tax consequences are irrelevant for a non-profit owner.) The non-profit owner obtains the private capital which the limited-partners bring to the transaction.

In early 1983, NCC selected a syndicator to work on the Homes transaction. For many months NCC worked with the syndicator and the NJHFA to fashion an organizational and financial structure for the Homes syndication. On September 30, 1983, almost two full years after Homes set out on its financial rescue mission, the syndication was closed.

The proceeds of the syndication have been earmarked for three principal purposes. First, to refund to the former cooperative owners the payments made for their original stock purchase. Second, to pay all the outstanding bills which Homes had accrued. And third, to create a project subsidy reserve fund which will be used to subsidize project operating expenses in the years to come. This fund will enable Homes to maintain a very modest and affordable level of rent increases in the future.

Homes is the first urban Section 236 project in the State of New Jersey to take advantage of the syndication process. NCC is proud to again be in the forefront of what is new and progressive on the New Jersey housing scene. Homes is now a financially healthy housing development. It is also a clear-cut example of NCC's ability to face a problem squarely, deal with a problem directly, and solve a problem in an intelligent, creative, forthright manner.



Matthew A. Reilly

ing rental or cooperative housing for low and moderate income families. The assistance payments were intended to subsidize the interest costs on a mortgage loan to a point where the mortgagor would be paying an effective mortgage interest rate of 1 per

New Home For NCC Security Level of Service Increased

On October 18, 1983 the NCC Security Base Station moved into its new quarters at 175 Bruce Street. The old manager's office and community room for N.C. Homes were remodeled into a beautiful facility designed to accommodate our security force of sixty-seven (67) officers and five (5) security supervisors.

According to Director of Security Rubin Battle, the new arrangement allows a higher level of service to be maintained, since directors and supervisors have immediate access to messages coming in to the dispatcher by phone or 2-way radio. Mobile radios in our Broncos alert roving security officers to a problem quickly and direct them to those needing help. Mr. Battle and Mr. Otis Rhynes, Assistant Director, can also be reached by beeper if not in the office.

Security personnel report to the base station and read the bulletin

boards for updating of security matters before going on duty. They also now have locker rooms available to them.

Record keeping has been consolidated and records are kept together at the new facility.

If a problem which comes in concerns N.C. policy it is handled by N.C. security (an example would be a child defacing property.). Parents would be notified and a solution arrived at. If a call involves a criminal matter it is investigated and then referred to the Newark Police Department.

For any emergency problem residents are asked to contact the dispatcher. If at any time you are dissatisfied with a solution or response given, please do not hesitate to contact Mr. Battle or Mr. Rhynes. Your satisfaction is important to us.



NEW SECURITY STATION OPENS. Rubin Battle, Director of Security, with his Assistant Director Otis Rhynes, check into new security office located on Bruce Street.

A Caring Place: United Hospitals Medical Center

(Continued from Page 1)

especially after the 1967 riots. Some physicians left and went to the suburbs for security, and because many of their patients had also left Newark.

Many of the physicians in Newark, however, continue to use United Hospitals. Dr. Cowan feels that because of United's affiliation with the medical school (University of Medicine and Dentistry of New Jersey) it is able to provide a high quality of care. "We're a teaching hospital," he continued, "with a speciality in residential programs in pediatrics, eye and ophthalmology, and in internal medicine. For that reason he feels they are able to provide the 'highest quality of care in this community.'"

"Basically, we are a community hospital," Dr. Cowan stressed, and "we feel it's our obligation to satisfy patients in Newark."

In the last few years there has been a decrease in the number of patients seen at United Medical Center which he felt was also true of all the other hospitals in Newark as well.

Since in many cases local patients can not really get to the hospitals by themselves, United is trying to provide a network of ambulatory care at satellite centers close to the residential areas.

The New Community Health Care Center at 210 South Orange Avenue is an example of this. The use of health care centers such as these will serve to prevent inappropriate use of hospital emergency room facilities and will also lower patient costs.

Dr. Cowan noted that "we have to change physician's practice habits and change patient's attitudes toward using the hospital." Newark, he pointed out, has a different type of population than most areas of New Jersey. There are many underprivileged and many who seek health care on a crisis basis. Very little preventative health care is done, yet Newark has a sicker population than most areas. As many people as possible, he feels should be treated on an ambulatory basis.

New Community Health Care Center is now served by doctors from United Hospitals — with the complete expertise of their medical center at the disposal of all who use it.

THE NEW COMMUNITY CLARION

The N.C. Clarion is published the first week of each month as a community service. The Editor reserves the right to withhold articles and photographs once they are submitted. Opinions expressed in columns are those of the author and do not necessarily represent the views of the newspaper. Articles are appreciated by any and all concerned.

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Because of changes in methods of reimbursements to hospitals for medical care it is important for United to raise the numbers of patients seen to meet their requirements. They have reached out into the suburbs with a service called the United Medical Group, in Roseland, in order to create some activity there which will familiarize other people such as the surrounding business community with the excellent health services United Hospitals can provide. The group is a team of specialists offering private adult and pediatric medical care to area residents. Special tests such as cardiovascular, X-ray and laboratory services are handled by modern technology within the office complex. Information concerning these services can be obtained by calling Ms. Jane Thompson at 226-2262.

Dr. Cowan pointed out that today there is a totally new concept in health care and the way you pay for it. He was concerned especially for senior citizens in this community, and realized it was hard for them to come up with \$350.00 as co-pay on Medicare. "We feel we're going to work out an understanding with the state and federal government as to how we can best address that and help some of these people. We're working on some things like that right now."

Dr. Cowan's four years in Trenton from 1970-1974 as Commissioner of Health, and his two years in Washington, D.C. as Assistant Secretary of Defense for Health, as well as 1½ years with Blue Cross as Senior Vice-President of Health Affairs certainly give him first hand knowledge of the systems which handle patient costs as well as the difficulties of a fair policy for low-income people such as those in Newark.

Turning again to United's own problems with costs he regretted the fact that in determining eligibility for payment they are compared with a hospital such as one in Livingston. Yet United has grown not in number of patients seen, but in services they provide, since 1979 when these rules were set down. They provide more intense services than a 500 bed hospital such as the one in Livingston, yet they are compared to that hospital. United for instance, has a pediatric intensive care unit (PICU), and a Neonatal Intensive Care unit providing neonatal services to the entire state of New Jersey. If an obstetrician recognizes there is a problem and alerts United, they send a helicopter to pick the baby up or specially equipped vans with a team of doctors and nurses and bring them here. "That's pretty intensive care" he emphasized. They also provide intensive care in eye and orthopedics.

Considerable eye research is also done through the Eye Institute of N.J., which is now a component of United Hospitals and its fifth unit. "But Pediatrics is the flagship of this hospital," Dr. Cowan said proudly. "I can't tell you any service we don't provide in pediatrics. We've got them all." He then spelled them out from gastroenterology to nephrology and hematology.

One way the hospital is trying to

raise money is through the newly formed **United Hospitals Medical Center Foundation**, of which W. Paul Stillman, Chairman of the Board of First National State Bancorporation is chairman. It is hoped the Foundation, which has on its board chief executive officers of major corporations as well as prominent attorneys, physicians, businessmen and private citizens, will provide them with "the resources to enhance current programs, implement new ones and provide physicians with the technology and ancillary services they require." It also is seen to emphasize United Hospitals Medical Center's commitment to providing excellent medical care to the residents of New Jersey, according to Cowan.

Another future consideration is the building of a new hospital rather than spending 50 or 60 million to renovate old buildings. Cost studies will determine the feasibility of this. United would remain an autonomous hospital under this plan but share the facilities of the University of Medicine and Dentistry on whose campus their new hospital building would be located.

The present facilities would then be used possibly for ambulatory services and senior citizen housing.

United Hospitals takes its name from the merger in 1959 of four hospitals, made to provide better service to the community. The merger brought together United Presbyterian Hospital; Children's Hospital, formerly on Roseville Avenue, the old Eye and Ear Infirmary, formerly located on Central

Avenue; and the Orthopedic Hospital which was the former Crippled Children's Hospital, now located on Park Avenue. The latter is the only one of the units not physically located on the present plant. It's designation as a medical center came in 1978.

Dr. Cowan came to the hospital in 1977, when they were having some problems — "for a year or so," and has remained. It is a challenge for him; a lot of work and a lot of pressure from time to time, but he enjoys it.

This is largely due to the understanding people he works with and the dedicated board of trustees which the hospital has.

Asked where his own incentive to become a doctor came from, he revealed that his grandmother finished medical school in 1892. She was one of the first women physicians in the United States. Dr. Cowan was also brought up in an atmosphere of learning, as his father was a schoolteacher and "did very well." He received his medical training at Meharry Medical College in Nashville, Tennessee and took his residency in surgery at Howard University in Washington, D.C.

Two sons have followed him into medicine and his seventeen year-old daughter has been considering it.

Dr. Cowan mentioned with gratitude the very dedicated medical staff at the hospital who realized the tremendous needs there. "They work hard," he told us, "and the reward they get is gotten out of servicing the people."

"The people" are lucky to have such dedication.



Dr. James R. Cowan in front of some of the many awards he earned while in Washington, D.C. and Trenton.

COMMONS SENIORS

Opportunities Abound

On Thursday, October 27th, Mrs. Marion Simpson, President of the 140 Club, and our Floor Captains worked closely with each other and with volunteers to distribute butter and cheese to the apartments. This task was completed within an hour of the arrival of the products to the building, and was accomplished smoothly and efficiently without any household member leaving his or her apartment. The commodities were taken to each floor and then to individual apartments with ease and speed according to a well organized plan. Mr. Simpson (also known as Mr. 140) is always up front and visible, helping to make any task smooth and comfortable to all workers. A visitor, commenting on the caring way each family was approached and distributions made remarked, "This is beautiful, and you do not have to leave your apartment." People helping people.

Gala Ball

Commons Seniors, ladies and gentlemen, were beautifully attired for the grand celebration. Neighbors gathered downstairs to give those going to the Ball a grand send-off.

Beautiful gowns, jewelry, furs and wraps adorned the ladies, and full dress evening suits complimented the handsome men. It was a "Grand Evening" for all attending.

140 Club

The Christmas Party will be celebrated on December 16th. There will be information concerning the affair posted. On November 9th a bus ride to Atlantic City was enjoyed by many from 140, 180 and other neighbors and friends. Two buses left 140 at 4 P.M. The weather was perfect. This was followed by a pre-Thanksgiving Dinner on November 23rd.

Chairpersons of the "sick committee" are Ms. Zepher Johnson and Ms. Dorothy Harris. The 140 Club donated \$25.00 to the Newark Office on Aging to assist other needy seniors.

The 140 Club meets every 1st Monday evening at 6 P.M. New members are welcomed.

140 Choir

The 140 Gospel Choir sponsored a dinner on Saturday, November 12th.

The menu was geared to the taste of the most sensitive palate. Ms. Zera Brown, Director, Ms. Sandifer, President, Ms. A. Williams, Ms. Flood, Ms. Moses, R. Rivers, Ms. M. Boddie and others gave of their time to work and make the day successful. This fund raiser will help obtain the money to purchase choir items. Not only did this event help the choir, it also provided a hot, ready dinner for all who participated. Leave the cooking to us.

140 Sewing Club

Ms. Mamie Boodie and her sewing class presented a pleasant afternoon of leisure to our neighbors on Thursday, November 10th. First a film on dressing up was shown by Ms. Newsome of the Social Services Department. Ms. Boddie and her class then displayed some of the items made in the class; dresses, skirts, suits, items for men and novelty items. Ms. Scott of Social Services took time out to be with the Sewing Club and spoke eloquently of the progress made. Thanks to the many who came and share this day of relaxation and refreshments. Sewing classes are held every Thursday afternoon at 1 P.M. All are welcome.

Bingo

Bingo Anyone. Every Wednesday evening at 6:30 join the many who have fun playing Bingo with their neighbors and friends. Come on down.

Arts and Craft

Every Monday and Friday afternoon beginning at 12:30 you may join Ms. Julia James, Director and the class making many craft items. Look forward to coming events. There is no better way you can spend an afternoon and enjoy every minute. Classes are free.

140 Garden Club

New things are happening with the 140 gardeners. They are forming a club to help make gardening easier and more productive. All who are gardeners are asked to join the club which meets on the second Monday of the month at 10:30 a.m. in the community room. Where there is unity there is strength and progress.

Ruby M. J. Dawson

New Community Associates Gala Ball Enjoyed By Residents

What an evening of excitement and glamour we enjoyed at the Gala Ball, after working so hard selling dinners and raffle tickets, and making preparations to attend the great event. While at the Ball, we felt like Cinderella with her Prince Charming. During the evening a plaque was presented to Jeanette Leslie, who was leaving Associates as Manager. Making the presentation were Ms. Ellen Watson and Phyllis Burton. Others representing the building at the ball were Roxanne Austin, Addie Hunter, Bertha Whatley, Louis Morgan, Larry Waters, Edgar Sampson, Robert Smith and James Player. The evening will be long remembered. We feel very happy about the event.

Members of the Senior Citizen Organization, focus your mind on the upcoming election of officers in February. Remember in Feb. '83 we were honored to have Sister Clare with us; she counted our votes. Maude Jones was re-elected as President, also re-elected was Oler Peterman as Vice President, Phyllis Burton as Secretary, Lucy Bates as Treasurer, who has since moved, and has been replaced by Emma Johnson. Beatrice Graham was elected Asst. Secretary. It seems a long way off, but serious consideration should be given to our upcoming election. Let's see some new faces getting involved.

Phyllis Burton



World Culture Pageant at St. Rose

This year's 8th grade assembly held at St. Rose of Lima school took the audience of fellow students and parents on a trip around the world in not eighty days but one short hour.

As part of a lesson in research for Social Studies, Language Arts, Science and Art the students had used the library to gain information about a country they had chosen to represent. They found the library was indeed a "treasure house" of knowledge.

With the information gained, the students compiled a story about "their" country concerning for example location, topography, natural resources and customs. They also fashioned a typical costume native to the land as well as its flag.

Costumes were patterned after character dolls from the Newark Museum which had been loaned to the class for two weeks. Parents became involved as they prepared the dishes of the countries for their children and fashioned costumes for them.

The students devoted a great deal of time to research work, interviews, art and writing to whip the program into its final format.

The program took the shape of a tour of the United States by 28 foreign visitors. Albert McBride, class president, led the opening exercises. As the participants backstage sang "America, the Beautiful," Renando Hall, representing the United States of America, and Kevin Carey, representing a Minute Man, proudly introduced America's tourist spots, such as — the White House, Statue of Liberty, Cape Canaveral, Smithsonian Institution and many others.

Then the "foreign visitors" in their native costumes, each with their own flag, greeted the audience in various languages and gave a brief account of "their" country's culture, amidst much applause.

Foreign dances were a highlight of the event and were choreographed by Mrs. Emily Ross, music director, with musical accompaniment provided by Curtis Watkins. The graceful dancers

were Angela Robinson, Lourdes Lopez, Angela Knox and Cheryl Baldwin. Cheryl choreographed her own African dance steps. The elegance and dignity of the participants captivated and impressed the audience.

Appearing in alphabetical order were:

Argentina	Angela Knox
Austria	Wendy Barnes
Brazil	Livingston Cross
China	Kelsey Levant
Denmark	Sharonda Dails
Dominican Republic	Alfred German
Egypt	Calandra Edmond
England	Riarkas Peacock
France	Derrick Burr
Greece	Cheryl Baldwin
India	Otis Rhyne
Israel (Modern)	Marcel Yarborough
Israel (Ancient)	Lashelle Norman
Italy	Vanessa Clark
Japan	Albert McBride
South Korea	Keisha Cuffee
Mexico	Steven Miller
Panama	Angela Robinson
Peru	Lourdes Lopez
Philippines	Roger Tatum
Poland	Alberto Castro
Portugal	Caprise Rice
Puerto Rico	Towanna Rimpson
USSR	Brian Harris
Spain	Raul Caballero
Vatican City (Body guard of the Pope)	Rolando Baugh
Jamaica	Jason Williams

Lighting and stage management was in the capable hands of Damon Brackett.

Students learn more by doing. A multifaceted learning experience such as this expands their horizons and gets the students out of their limited world. It encourages the unique talent of the individual giving him an opportunity to release the fountain of ingenuity within him. The desire for learning decides the actual extent of the learning experience. The teacher is always there to instruct and assist in any way possible but the acceptance of this help lies with the student.

The presentation of such an extensive program so early in the school year was quite a challenge to these students and entailed much planning, which eventually drew in the cooperative efforts of the entire staff of St. Rose.

Culture and Art

NEWARK MUSEUM CALENDAR OF EVENTS

Things To Do In December

4 Sunday	1:30-4:00 p.m.	Origami Demonstrations: Kyoko Kondo
	2:00 p.m.	Film Program: <i>Thomas Edison Black Maria Film Festival</i>
6-9 Tues.-Fri.	12:00-2:00 p.m.	Holiday Discount Shopping Spree and Lunch
		Origami Demonstrations
10 Saturday	12:30 p.m.	Live Animal Talk: <i>Mini-Zoo</i>
	1:30 p.m.	Children's Theatre: Hans Christian Anderson's <i>The Snow Queen</i>
11 Sunday	3:00 p.m.	Holiday Concert: <i>Rutgers University Chorale</i>
13 Tuesday	12:00 p.m.	Luncheon-Lecture: <i>Martial Arts Demonstration</i> , Shimamoto Judo Center
17 Saturday	12:30 p.m.	Live Animal Talk: <i>Mini-Zoo</i>
	1:30 & 3:00 p.m.	Children's Films: <i>Winter Folktales</i>
18 Sunday	1:30 & 3:00 p.m.	Science Film: <i>The Ariake Tideland</i>
27 Tuesday	1:00, 2:00 & 3:00 p.m.	School Holiday Programs: <i>Films, Planetarium Shows & Computer Workshops</i>
28 Wednesday	1:00-4:00 p.m.	Junior Museum Winter Festival: <i>A Japanese Holiday</i>
29 Thursday	1:00, 2:00 & 3:00 p.m.	School Holiday Programs
30 Friday	1:00, 2:00 & 3:00 p.m.	School Holiday Programs

Newark Museum News Notes Children's Programs Popular

Kids Home On School Vacation?

On December 27, 29 and 30, special **School Holiday Programs** for young people and their families at 1:00, 2:00 and 3:00 p.m. will include films about children in such countries as Africa, Japan and Puerto Rico. The Science Department will offer hands-on computer workshops, and the Planetarium will show *Japanese Skylore*. Free tickets to the computer sessions can be picked up at the Junior Desk. Admission to the Planetarium is 75¢.

The Junior Museum's 1983 Winter Festival, **A Japanese Holiday**, will be held on Wednesday, December 28, from 1:00 to 4:00 p.m. Young people ages 3 to 18 are invited to join the free festivities which will include craft demonstrations, art workshops, clothing try-ons, films, gallery visits and refreshments. Come watch a bookbinder create beautiful Japanese volumes. Join an origami artist as she folds brightly colored squares of paper into magical animals, birds and flowers. See artists transform everyday vegetables into beautiful food decorations. Learn how to use chopsticks, make a Japanese New Year's card with a calligraphy message of good tidings, or create a decorative rice paper scroll to celebrate the winter season. Festival participants will also be able to visit the *Hello Japan* exhibit to view the videotape of a child's journey to the island country and examine objects which illustrate Japanese living, learning, creating and celebrating. Free refreshments will be served throughout the afternoon.

CATHEDRAL TO HOLD ANNUAL CHRISTMAS CAROL SING

CATHEDRAL CONCERT SERIES
Traditional Christmas Carol Sing,
December 20, 8:00 p.m., Cathedral
of the Sacred Heart, Newark.
Further information: (201)
484-4600.

Children's Theatre and Film Program

Hans Christian Anderson's *The Snow Queen* and renditions of several delightful Aesop's Fables will be performed by Sassafras on Saturday, December 10, at 1:30 p.m. *The Snow Queen* is the story of a little boy who sees everything wrong in the world and a little girl who helps him to see its beauty. Poetry, original music and dance are featured, as well as an opportunity for the young audience to participate.

On Saturday, December 17, at 1:30 and 3:00 p.m., the children's film program will present animated winter folktales. You'll be entertained by *Morris's Disappearing Bag* under the Christmas tree; *The Tomtem*, a wintry tale about a little troll who comforts farm animals with his own silent language, and the Japanese mythical legend of *Suho and the White Horse*.

In Search Of The Star of Bethlehem

During December and January, the Planetarium will turn its clocks back two thousand years and travel to the *Holy Land In Search of the Star of Bethlehem*. This new star show looks at the winter constellations and examines what the wise men might have seen in the sky over Persia. To the magi, everything in the sky was a star, including the sun, moon, supernova and planets. Showtimes are 2:00 and 3:00 p.m. on weekends and Wednesdays at 3:00 p.m. Admission is 75¢ (sorry, children under 7 not admitted). Young people under age 7 accompanied by their parents may view *Japanese Skylore* on Saturdays at 1:00 p.m.

St. Rose of Lima Parents SCHOOL CLOSED FOR CHRISTMAS RECESS

December 22, 1983 thru January 2, 1984

NEWARK PUBLIC LIBRARY SANTA'S WORKSHOP IN DANCE

The Les Petites Ballet Company will present a Christmas special **SANTA'S WORKSHOP**, at the Newark Public Library on Saturday, December 17, 1983 beginning at 2:00 p.m. in the auditorium, 4th floor.

Les Petites Ballet, under the direction of professional dancer, teacher and choreographer, Linda Leshine, is a community dance company for talented and aspiring young dancers. The company has been presenting dance programs of outstanding quality throughout New Jersey since 1971, generating enthusiastic audience response wherever it has performed. Les Petites dancers are expected to be competent in all phases of dance discipline, performing classical ballet,

abstract modern dance, and contemporary jazz. Many of the Company's dancers have been awarded scholarships to George Balanchine's School of American Ballet, Robert Joffrey's American Ballet Center and the Alvin Ailey American Dance Center. They have performed with such companies as the New York City Ballet, The Joffrey Ballet, The Berlin Ballet and the Ballet National de Marseilles in France.

The program is part of the Library's extensive, "Hooray for Children" series of live performances. Thanks to a grant from the Geraldine R. Dodge Foundation, the programs are open to the public **FREE** of charge.

Pre-Kwanza Celebration

A Pre-Kwanza Celebration will be held at the Newark Public Library on Thursday, December 15, 1983 beginning at 6:30 p.m., in the auditorium, 4th floor.

The program will feature the Sulaimaan Dance Company, a local, Newark-based group specializing in the finest of African dance. The Old Mali Empire, Ghanain Songs and Dance, Nigerian folklore, and the Haitian dance Nago are representatives of the cross section of material from the African diaspora that Sulaimaan has transformed into a dynamic concert presentation. Au-

diences at Ohio State University, Antioch College, Rutgers-Newark, Adelphi University and scores of community gatherings and street festivals have experienced the highly charged, beautifully stylized performances of the Sulaimaan Dance Company.

As part of the Pre-Kwanza Celebration, vendors will be present, selling wares of all kinds.

The program is part of the "Lorraine Hansberry Lecture Series" and is offered to the public **FREE** of charge.

Wages of Fear Closes Library Film Festival

The Newark Public Library's Fall Foreign Film Festival will conclude with the French classic, **WAGES OF FEAR**, on Wednesday, December 7, 1983 at 3:30 p.m. and 6:30 p.m. in the auditorium, 4th floor.

The film is the masterpiece of Henri-Georges Clouzot, the French genius of suspense. Several layabouts in a small Latin American village are desperate to earn enough money to get back to their native lands. They take on the most perilous job imaginable: driving trucks filled with

nitroglycerine up nightmarish roads to an American-owned oil field. In the process, every shred of the men's social status is stripped away, leaving each with only his courage and ingenuity to survive. **WAGES OF FEAR** has been called the purest expression of existential philosophy on film, and remains an all-time top thriller.

The film is offered to the public **FREE** of charge. Made in 1953, it is 132 minutes in length.

Kean Students to Perform

UNION, N.J. — Vocalists from Kean College of New Jersey will present the first three parts of Bach's Christmas Oratorio at 8:30 P.M. Dec. 7 at the Linden Methodist Church, North Wood Avenue, Linden.

Tickets can be obtained from the music department at Kean College, 527-2107, and at the door. They are \$4 and \$2 for senior citizens and students. James Cullen of Elizabeth, an assistant professor of music, will conduct the series of six cantata-like pieces.

Three groups of singers will comprise the ensemble at the church. They are the Kean College Chorale and the Kean College Concert Chorus which are two student groups, and the Kean College Choral Society. The Society is comprised of alumni, faculty, staff members and of the general community.

Students who will offer solo performances will include Sharon Bloodgood of North Brunswick, Donald Meehan of Elizabeth, Robert Palaez of

Highland Lakes, Joseph Sheehan of Lenoka Harbor and Adrian Torrisi of Livingston.

Choral society members who will sing solo include Mary Calandriello of Wallington, Barton Deckert of North Plainfield, Sue Indick of Mountainside, Alfred Moreton of Elizabeth, and Dr. Herbert Samenfild of Westfield, chairman of the psychology department at Kean College.

Joel Grow and Eileen McGloin, both of New York City, also will give solos. They are members of the Riverdale Choral Society. The Kean Choral Society was formerly known as the New Jersey Chapter of the Riverdale Choral Society, which also is directed by Cullen.

The three parts of the oratorio being presented are from the first three festive days of Christmas. The six parts are designed to be sung on the days between Christmas and Epiphany.

FOOD SERVICE CARES FOR YOUNG

(Continued from Page 1)

prepare these foods they could then be frozen.

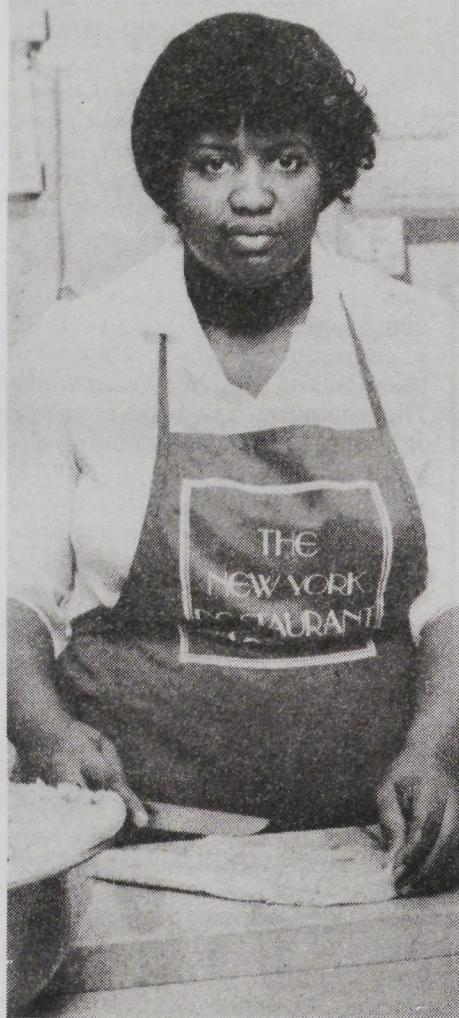
The classes attended by these employees are intended even for those without previous culinary experience, who are thinking of a career change. Gayle and Rosemary Chaneyfield, now at Babyland III, fit into this category. Their sister JoAnn is an experienced cook at Babyland III who is seeking to professionalize her skills, as are Laura Angulo, Rita Gallardo and Manuel Chapilliguen from St. Rose's kitchen. Laura told us that at St. Rose they start cooking at 7 o'clock each morning in order to accomplish their day's task. They must provide two different menus — one for Babyland and one for St. Rose School children. Preparations for the next day begin right after lunch. The pro-



Manuel Chapilliguen



Joann H. Nassiruddin



Rosemary Chaneyfield

fessional intensive training course will expand their capabilities greatly. Right now however, the cook/students have an opportunity to use their increased prowess in our existing facilities.

Babyland III's kitchen services the children and caregivers at that facility, as well as the Congregate Services program for seniors.

Since caregivers eat with the children at Babyland, children and staff members are provided with breakfast, lunch and snack each day.

The seniors program provides hot lunch and a snack to its recipients 7 days a week, caring for them even on weekends, while the Babyland meals are served only on week days.

The second kitchen, located at St. Rose of Lima School, cares for Babyland I and II including children in Babyland's Protective Services Program. It is also responsible for providing three meals a day for mothers and children in the Babyland Essex County Family Violence Shelter, and for its staff. This program operates seven days a week and includes an average of 20 families a day and sometimes up to 40 children.

Add to this, lunch for children attending St. Rose School and the after-school program requiring snacks, and the extent of the service becomes apparent.

The professional chef's course at the New York Restaurant School began by introducing each student to knife skills, demonstrating the proper and safe use of the instrument. Using the knives properly in the butchering of meats and poultry followed, as well as a session in the preparation of fish and shellfish. (Rosemary had filleted the fish which we had seen in the huge receptacle on the day of our visit.)

Quantity culinary techniques are

the subject of another course, as preparing foods in large amounts is very specialized and differs greatly from individual preparation, Gayle explained.

Baking requires yet a whole new approach with an understanding of why things go wrong when inevitably they do — such as bread becoming tough when handled too much. The history of baking and origin of the many foods are learned along with methods of preparation. Some of the breads and dessert cakes can be used for the youngsters at Babyland.

Eggs and salads are treated in another session and great attention given to the art of garniture and to texture and color in food which makes the meal attractive in appearance. Even children appreciate a colorful meal.

In the professional chef's course, students are taught to be creative. Using recipes brought into class, they adapt them as they learn the seasonings and gourmet ingredients available which will enhance an ordinary dish. They are encouraged to try new foods — Rosemary just tasted squid. (Some tastes have to be acquired.) It's a hand's on experience.

In this school all American products are being used in recipes, explained Rosemary. As old chefs are dying out, new American chefs are developing an American "new cuisine" in which their own ideas and talents are being added to the old cooking ideas, and a new move in cooking is underway. No longer is just French cuisine being used.

"We really have a unique advan-



Laura Angulo

tage over the others because we have access to a professional kitchen," Gayle enthused, as she showed us some of the recipes she has tried.



STORING GROCERIES. Leonard Wise unpacks groceries for storage at Babyland III kitchen. Buying food in bulk and being able to butcher meats and poultry ourselves allows our food service to run more economically and efficiently, while keeping excellent quality in food preparation.

AND OLD

(Continued from previous page)

She shared a recipe for Orange-Spice Bread with us, which can be used for the holidays. It was developed by one of the professors - David Munn. (See column far right).

Balancing the food preparation courses are sessions which instruct the students in restaurant management as well as the business of catering. Here they learn that a good restaurant, for instance, is not only a result of fine food served but also of good management, prompt service and ambiance — or the atmosphere in which it is served.

An investigation into careers in



Rita Gallardo

culinary arts offered by another course reveals such categories as chef, baker, food retailer/gourmet shop owner, food stylist (for magazine photography) and restaurant manager/owner among the 18 categories listed. Responsibilities entailed in these jobs will be explained to provide better insight into a career choice.

As they work at their profession each day in Babyland and St. Rose, our cooks are aware of the vital service they are providing to the community.

The young and old each have special nutritional needs and we must meet these needs. The young have a need to *build* fine healthy bodies as they grow while the elderly need a balanced diet even more, because as the body changes there is more *repair work* being done as the ravages of time take their toll.

It is an important job and an invisible one for the most part.

Our thanks to the very special, dedicated people in our kitchens who make up the smooth functioning teams that accomplish this task.



Gayle Chaneyfield



IT'S LUNCHTIME AT BABYLAND. Children and caregiver get ready to enjoy the food prepared in our own kitchens.



Orange-Spice Bread

1 1/4 cups water
2 packets yeast
1 tbsp. salt (approx.)
3/4 cup sugar
3 tbsp. butter
4 egg yolks
3 tbsp. orange juice
1-3 tbsp. orange zest
1 1/4 lbs. (approx.) flour

Combine lukewarm water with yeast, sugar, and 2 cups of flour; beat smooth. Place in a large bowl, covered, and allow 45-60 minutes to rise.

Meanwhile, combine all other ingredients except flour. Add this mixture to the yeast mixture and beat smooth. Now begin adding flour while kneading. Add only enough flour to produce a slightly sticky dough after 15 minutes of kneading.

Allow this dough to rise at room temperature for about 1 1/2 hours, or until double in bulk. Form into a loaf (or 2 small loaves) and allow to rise in warm (not hot) place for 45 minutes before carefully placing in 350 degree pre-heated oven for 45-60 minutes or until loaf is brown and crusty.

New Career for a Young Apprentice 'Hands On' Experience at St. Joseph Plaza

Tyrone Bodison has been living in Newark for his entire twenty years and graduated from Barringer High School in 1981.

An outgoing young man, he began volunteering at the NC Social Services Department in the after school program, where he helped children with their homework. He also enjoyed helping out at the discos which were held.

Tyrone also has a talent for working with his hands however, and is now an apprentice carpenter with Charlie Newbury at the new St. Joseph Plaza. His work day runs until 4:00 p.m., after which Tyrone is off to the Essex County Career Center on West Market Street where he takes courses in carpentry and cabinet making, maintaining a B average.

Tyrone likes working in the construction field. He said he "always wanted to do that since I was a little boy." "This is my thing — I love using my hands making and building things and I'm going to stick to construction work because that's my field."

He will continue to volunteer in social services when he has time, as he is also interested in people, and in helping youth and those in his community.

In the meantime, he's excited about what's happening at St. Joseph's Plaza and his part in the unique idea. And when the renovations have turned the former church into attractive medical offices to serve the people of the community, he will be proud to know that he also had a share in it.

Social Services Happenings in Families

Our parenting class started November 16, 1983 and will be held for the next six weeks every Wednesday at 6:45 p.m. at New Community Gardens Pavillion. Our Coach was Sam Clark from the Newark Youth Aide Bureau. Our meeting was productive and encouraging and we are eagerly looking forward to the next meeting.

Through his many years of experience in dealing with parents and children we were shown how by using discipline we can control our children and how through lack of discipline we lose control. He gave us an example such as never telling a child "you're going to break his neck." Why? Because we know that we're not going to do that; therefore we do not develop a consistent method of discipline. It is better for a parent to render a punishment that can be enforced, even if it's washing dishes for two days, than to say, "you're staying in for a month," and have the punishment last for two days. The child will then believe by consistency of enforcement that you will keep your word, therefore giving the parent control. If we lose our ability to gain the trust and confidence of our children we lose control.

Come join our group. We will have several other topics on child rearing and many instructors to assist us.

NCC Family Activities

All the details on information listed below for families can be obtained from Georgia Ransome at NCC Social Services 623-6114.

Every Monday night from 7:00 p.m. until 9:00 p.m. the sewing club for families meets at NC Associates, 180 So. Orange Ave. Instructed by Ms. Stephanie Treadwell from NC Gardens, all are welcomed to come share their talents or learn the basics in sewing.

Every Friday from 7 p.m. until 9 p.m. Ceramic classes will be held at 180 So. Orange Ave. Come in and register, make your own lamps, dishes, Christmas trees and many other items.

Girl Scout Troops 975, 976, 916 of New Community will be holding their investment ceremony on December 15, 1983 at 6 p.m. All are welcome.

We are currently trying to organize a chorus for families, please call Social Services to register.

Georgia Ransome

Tips on Health

This section will be devoted to questions and answers on health. Please mail your questions to the **New Community Clarion**, 755 South Orange Avenue, Newark, New Jersey 07106.

Question: Why do I get so much gas frequently?

Answer: You must be referring to gas in the gastrointestinal tract which is called **flatus**. An average of 7 to 10 liters of gas enter or is formed in the large intestines every day but only about ½ liter is expelled. The rest is absorbed. However, this absorption can take place only if the intestines have normal movements. Any increase in these movements will cause the gas to come down the intestinal tract faster and therefore, it has to be expelled.

Now, what causes these increased movements? First is local irritation of the intestines by infections. Second, is nerves. The movements of the intestines are controlled by the autonomic nervous system which in turn is strongly affected by emotion, particularly the anxious type of emo-

tion. So if a person is in a state of anxiety, this nervous system is agitated, resulting in an increase in the movements of the intestines.

Certain foods are also known to produce more gas, such as beans and cabbage and vinegar. By far however, the most frequent cause of increased expulsion of flatus is excessive intestinal motility.



Soledad Alston
R.N.

**Pediatric
Nurse
Practitioner**

ERRATA

In this section of the November issue of **The Clarion**:

Roast beef 3 oz.-85 Gm - 310 calories - 24 Gm fat **should have read**

Roast Pork.

The message is that roast pork is actually less in fat and calories, than roast beef.

At Your (Social) Service

by **Gerry Gannon**,
Director of Social Services

Tree Lighting

The Annual Tree Lighting Ceremony will be held this year on Friday evening, December 2nd at 6 P.M. in front of the NCC Social Services Office, 220 Bruce St.

The ceremony, which we hope will be a long standing tradition for years to come here at New Community, consists of entertainment provided by the choirs of NC Associates, NC Commons and St. Rose of Lima School; a blessing by Father Linder, the Pastor of St. Rose of Lima Church, and the traditional "Let there be light" call from NCC Vice-President Joe Chaneyfield. The Master of Ceremonies will be Arthur Wilson, President of the Board of Directors of NCC.

All are welcome to join in these memorable festivities.

Open House for New Community Douglass-Harrison

Plans are presently being developed for a "Social Services Open House" for the tenants of NC Douglass-Harrison to be held on Wednesday evening, December 7th, beginning at 6 P.M. at the Central Ward Boy's Club on Avon Avenue.

The purpose of the program is to introduce the members of the Social Services staff to the tenants. In addition, a complete description of the services and activities provided by NCC, through the Social Services Department, will be presented. The presentation will include slides about New

Community and its programs, activities and services.

The program will run from 6 P.M. to 7 P.M. followed by refreshments. Transportation will be provided for seniors to the Boys Club.

For additional information please call Gerry Gannon at the NCC Social Services office at 623-6114.

* * * * *

Congregate Services Program

There are still openings in the Congregate Services Program for tenants living at NC Associates, NC Commons Senior and NC Roseville.

This program, which has been in operation since May of 1980, provides one hot meal a day, seven days a week, for all participants.

In addition, for those who need it, there are personal services, including transportation to doctors, accompaniment for shopping, social work assistance in processing forms, as well as other services.

The third component of the program consists of housekeeping one day a week.

The purpose of the program is to provide support services to those eligible residents who otherwise would be forced to be institutionalized due to their temporary or permanent disability.

The result of this program is to allow those persons who are involved to remain living independently as part of the community because they will have received the necessary support services to do so.

If you are interested in the program for yourself or another, please contact Sister Clare at 623-6114.

New Services Offered At New Community Health Care Center

Family Practitioner (M.D.)
specializing in comprehensive health care for all members of a family, regardless of age or sex.

Ophthalmologist (M.D.)
specializing in care of the eye, including surgery if needed. Available on Tuesday afternoons.

If you would like an appointment with either of these doctors please call: 623-2480.

ATTENTION ALL TENANTS NCC Health Care Center

We Have A New Look.
We also have a new telephone number.

623-2480

Transportation to NCC Health Care Center will be provided for your convenience.

Please call for an appointment.

If you have any questions call Social Services 623-6114

Podiatrist Cares For Feet

CALLUS

(1) *The foot is a wonderful and intricate part of the body and must have free joint motion to function properly. When this ability to compensate for changing positions while standing or walking is lost-callus will form.*

What is a Callus?

A callus is a simple thickening of the outer layers of the skin on the sole of the foot. Not all such thickenings are a simple callus.

What causes Calluses?

Calluses are formed where there is excessive pressure and friction. This cause (pressure and friction) may be due to long hours of standing or walking, improper footwear, overweight, lack of fat padding, arthritis, etc.—but usually callus is due to imbalance of the feet.

What is Foot Imbalance?

Imbalance involves the entire foot. In this condition the foot structures are not in proper position to support the body weight. This may be due to poor body posture, pelvic tilt, weak or rotating ankles, improper position, shape or length of one or more foot bones, contracted toes, etc.

(2) Common Complications of Callus

With rotating ankles callus may form on the heels. These may crack or fissure. At the metatarsal heads localized pressure often causes a callus which irritates the sensitive nerve endings. Sometimes pressure is great enough to cause capillary bleeding into the callus. From an inward tilting of the foot annoying callus is found along the side of the great toe where the bone is close to the surface. These, and others, can all be further complicated by extreme inflammation, infection, or bursitis. Calluses are a part of foot imbalance.

Why do Calluses burn?

Since callus is composed of layers of dead cells they in themselves do not burn. The uncomfortable sensation of burning, especially at the ball of the foot, is due to congestion and swelling below the callus exerting pressure

on nerve endings. Further an underlying bursa or "sac" may also become inflamed. When the irritation is severe enough to aggravate these deeper structures, extreme forefoot discomfort is felt. Sometimes the burning may be related to a form of anemia, poor circulation, diabetes, vitamin deficiency or neuritis. In

**Dr. Kenneth
Frank**

Podiatrist



Dr. Frank specializes in diagnoses, treatment and prevention of diseases and injuries of the foot. He is on the staff of United Hospitals Medical Center in Newark.

such cases, your foot doctor may suggest medical care to supplement the podiatric treatment.

(3) Shoes and Callus

Improperly fitted or shaped shoes, which either constrict the foot or allow it to slide, can help cause callus. Constant contact with our hard flat walking surface, as from a thin soled shoe, can be a contributing factor. Wearing high heels, except for dress, throws excessive weight on the forefoot. A good shoe can be a great aid to the foot and callus problem but once functional damage has been done "corrective" shoes will rarely do what their advertisers claim.

What To Do About Callus.

Visit a podiatrist. He is best qualified to furnish immediate relief. By modern, scientific methods (which may include x-ray studies) your foot doctor can properly **DIAGNOSE** the cause of your foot trouble. A proper plan of treatment will result in better foot and body comfort, and relief of the pain from the callus.

NCC Afterschool Program Has Begun



ARRIVING FOR AFTERSCHOOL PROGRAM. Students from the Douglass-Harrison apartments arrive by bus at the Gardens Pavillion for a period of homework and recreation.

On October 11, 1983 the NCC Afterschool Program began at Gardens Family Pavillion. The program, which will provide tutorial help with homework, and recreation for children from 1st to 12th grades will run from Monday to Thursday

each week, from 3:00 p.m. to 5:30 p.m. This year we are also planning to take the group on trips to enhance their interest and participation. For further information contact Paul Reid, Jr. or Sheila Washington at Social Services, 623-6114.



HELPING HAND. Students from Douglass-Harrison apartments receive a helping hand from Sheila Washington at the afterschool program held in Gardens Pavillion.

Halloween Party A Hit

The 3rd Annual Halloween Party was held at Gardens Family Pavillion on October 28, 1983. All the youngsters were dressed in very nice costumes. We played games, bobbed for apples and had a soul train line

in which the children danced down the aisle. This was so everyone could try and judge who would win prizes for their costumes.

Prizes were awarded for the best costume, the worst costume, the most original costume, and the most popular costume. Birdie Treadwell won the prize for the best costume, coming dressed as Princess Diana. Crystal Lilly clad as a witch won the prize for the worst costume. Sabriyyah Muhammad won the prize for the most original costume, arrayed as a Circus Clown. And finally Tracy Carter our one and only Flashdance Lady, won the prize for the most popular costume.

All in all, the children had a good time and we're all looking forward to doing it again next year!

NEWARK REMEMBERED

A City Rich in History



National State Bank, 810-812 Broad Street, corner of Edison Place, located next to Old First Presbyterian Church. c. 1900. Photo: William F. Cone. No. 2509

Photo courtesy of Newark Library

From time to time we will look back on the proud history of Newark as in a family album, to remind our readers of the rich commercial, industrial and cultural heritage of this city.

By 1884, Newark had ten banks and five savings institutions, relatively small and conservative enterprises which were unable to supply all the financial capital necessary to support growing industry.

Originally called the State Bank of Newark, the National State Bank was founded on February 8, 1812, after an organizational meeting held at the well-known tavern belonging to Stephen Roff on Broad Street. Its first president was William S. Pennington, a Revolutionary War captain, State Supreme Court justice and former Governor. It opened its doors for business on June 1, 1812, at the home of John Alling, a bank director, but shortly thereafter moved into a 2½ story banking house built for it at the corner of Broad and Mechanic Streets (now Edison Place) next to the Old First Presbyterian Church. This building was replaced in 1868 with the handsome Victorian four-story structure shown in the photograph. The first offices of the Prudential Insurance Company were housed in the basement of this building. The National State Bank maintains its present headquarters at the original location.



AMERICAN SMOKEOUT. Joining in the Great American Smokeout Ruth Watson who is not a smoker entices Evelyn Mack with some snacks instead of a smoke. The smokeout was conducted by United Hospitals Medical Center and encouraged the use of nutritional snacks such as carrots, green peppers etc., which were displayed, as cigarette substitutes when the urge to smoke occurred.

Babyland and New Community Lend Support to United Way

Thanks to you...
it works...
for ALL OF US



The important work that Babyland is doing in the Newark community has enjoyed the help for many years of an annual United Way contribution.

The employees of Babyland and

New Community respect the assistance United Way gives to so many organizations who are trying to help those in need in our community.

Babyland has achieved a 100% participation in the 1983 United Way drive with a total pledged of \$3527.00 or an average of \$54.26 per employee.

Its sister organization, New Community Corporation, has raised \$4374.12 for United Way of Essex and West Hudson in 1983.

We wish United Way continued success as they help those in need in our community again this year with their well organized program.

Happiness is Having a Homemaker

I just don't know what I would do without Theresa, stated Esther Smith. She's a wonderful person and a friend.

Five years ago Mrs. Smith suffered the loss of her leg due to complications of a severe illness. Since that time she has become dependent upon others for her daily needs. Without the assistance of a homemaker it would have been impossible for Mrs. Smith to care for herself and to maintain her apartment. She doesn't need a nursing home or constant supervision — all she needs is day to day help from someone that cares.

That's how Esther Smith explains it.

"She is good to me and for me," she says of her homemaker. "If I had to list all her qualities, at the top would be trustworthiness. She has been with me for a year now and we're like

family." Theresa doesn't miss a day. Five days a week for 2 or 3 hours a day, she's at Mrs. Smith's without fail. "Just look around this apartment," she invited, "Theresa keeps everything nice and clean. She does my shopping and attends to my personal needs. When we have meetings in the building or when we are just going to the Golden Age Club, Theresa is right there with me," she told me appreciatively.

As for Theresa, she likes being a homemaker, she finds satisfaction in helping others. "I look forward to coming in each day," she commented. "I'm helping someone who really needs me, and Mrs. Smith is as nice as she can be. We really get along."

What motivates people like Theresa to render such kind and needy care? Well, as Mrs. Smith stated over and over again, "she must be God sent."

Kathy O'Beirn



HEAVEN SENT. Mrs. Esther Smith beams from wheelchair with her "angel" of a homemaker — Theresa.

Working With The Family Violence Shelter

Social Service Workers Take Pride in Helping

For the past three years, we have been assigned to the shelter for Family Violence as social service workers by the Division of Welfare in Essex County. We are responsible for the liaison services between our agency and Shelter residents.

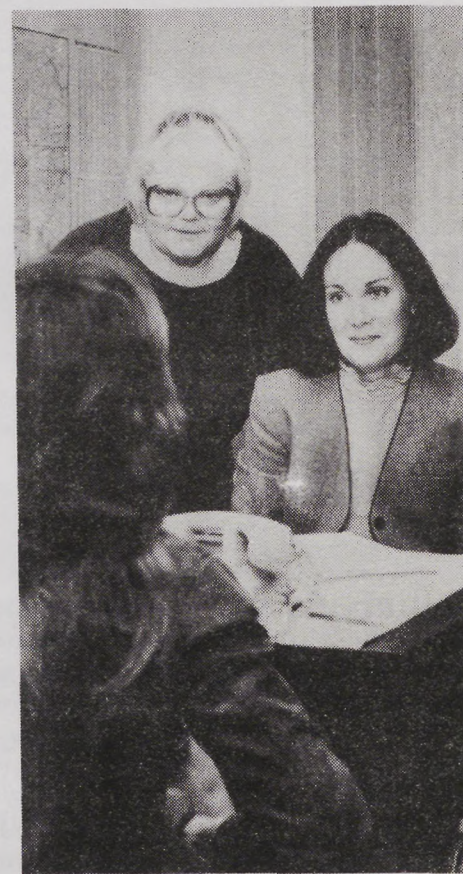
When a family enters the Shelter, it becomes our responsibility to determine Welfare eligibility and/or emergency assistance eligibility. Our determination is based on the family being in the state of homelessness due to implied or demonstrated violence by a household member. At our initial interview eligibility is determined. If the family is found eligible for welfare or emergency assistance we then help with their emergency needs. In addition to this, we discuss during this interview legal problems, custody of children, restraining orders, employment—feasibility of remaining employed, unemployment compensation, schooling, health—mental and physical, and the family's future plans for relocation. We attempt to find out the children's feelings toward the batterer and toward the idea of being uprooted from their home, friends and school.

While the family is in the Shelter, we offer supportive services which aid them in making a decision on relocation, whether in or out of this County.

Prior to our assignment as the liaisons to the Shelter, we had minimal contact with victims of domestic violence. In Essex County it became apparent that there was a growing segment of the population that needed the *specialized services* the Shelter and the Division of Welfare could offer. At that time, this agency, the Division of Welfare, asked if any Social Workers would be interested in working with the Shelter residents, making this their primary task. We felt that this would be a valuable service which could be offered to the community and therefore volunteered for the assignment.

In the three years we have been affiliated with the Shelter, we have developed an excellent working relationship with the staff. It seems that everyone involved with the Shelter has a strong feeling that a family victimized by domestic violence should have a safe place to stay while they re-evaluate their lives.

Several times a week we visit the Shelter. This has helped us develop a good rapport with most of the women. Our relations with victims of violence at the Shelter are quite different from and of a highly personal nature rarely found in our previous Welfare case loads. When women enter the Shelter feeling emotionally lost, and have been physically abused, everyone works as a team, during the time the women reside in the Shelter, to help them go through the metamorphosis needed to become whole individuals. We also continue our relationship with the families after they have permanently



PROUD TO HELP. Social Service workers Bozena Polanskyj and Ellen McNamara assigned by the Division of Welfare in Essex County confer with a client at the Family Shelter.

relocated.

With all the financial restraints social service agencies are facing, the Division of Welfare is in a unique position, being able to give emergency financial assistance and supportive services to these victims, thus allowing an abused family to have a new lease on life.

As women, we find a particular satisfaction in performing our assignment, and we are proud to have a part in helping women recognize their personal worth to the world.

Bette J. Brookins, Supervisor
Ellen McNamara
Bozena Polanskyj

Social Service Workers
Essex County Division of Welfare

Babyland Nursery



Day Care Center in Newark
24 Hours 7 Days
Ages 2½ Months to 5 Years

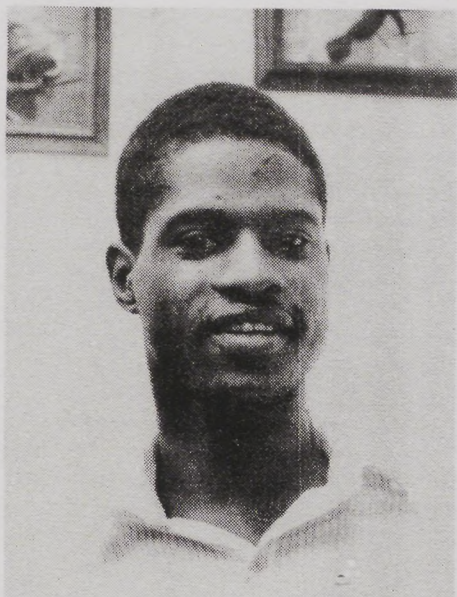
Flexible Drop-in Child Care
Available For:

- Shopping
 - Doctor's Appointment
 - Domestic Emergencies
 - Adult Education
- (3 Hours Minimum)
Ages 2½ Months to 12 Years

CERTIFIED TEACHING STAFF
HOT MEALS AND SNACKS
FOR INFORMATION - 375-3143



Michael: A Young Disabled Person Shares His Thoughts



In 1981 New Community opened New Community Gardens containing 80 apartments for non-elderly handicapped in one section of its high-rise building. Many young people who formerly had no way of leading independent lives because of their disability are now able to live with dignity. The designation of a large part of the building for this purpose was a first-of-its-kind event for New Community, the New Jersey Housing Finance Agency and the U.S. Department of Housing and Urban Development. The following is the story of one of its young residents.

Before February 1983, Michael Langford had lived in a dilapidated wooden house on Hayes Street, "a dump," as he calls it. Then he moved to New Community. "I was very lucky to get in here," he told us. "I was freezing down there." Michael is a young man of 29 who is a victim of cerebral palsy, and he was just coming out of the hospital at the time. His return to two cold stark rooms, where he had to wash up in the sink was certainly not going to help his health, so his social worker sent out a plea for help.

Now he is in our new building for the non-elderly handicapped at New Community Gardens and "just loves it." He was "blessed by that" as he puts it. He had been living "a tough life" for the last couple of years, moving frequently, but he doesn't plan on moving out of New Community "until they tear the building down."

When asked whether he liked living as close to senior citizens as he does, Michael felt that they actually were of help to one another. The handicapped need the love which seniors can give, he told us.

As for Michael, he helps the seniors who cannot get out by running errands for them, and doing anything else they ask him to. As he philosophically put it "they did for me when I was younger." He feels that they can't get up and do the things they used to do, and its their time now to be helped. His mother, he remembered, had always taught him to treat people with respect.

There are younger folks in the building and Michael saw a good lesson for them in caring about the elderly, for one day they themselves would be old.

Since Michael is living on Social Security he can have a part time job and is planning on going for 6 weeks training as a nursing aid in Manhattan. He is also interested in tailoring which he learned from a friend and can do alterations, but he must use his sister's sewing machine for this, as he does not have one. He told us easily that he can also sew from patterns but has trouble cutting them out because he "shakes a lot" due to his condition. Michael also enjoys cooking, as his father was a chef.

His mother is a resident of New Community also and is happy there. Michael felt New Community was doing something good for the people of Newark and was wondering if there were going to be other states where we would do the same thing. We explained, with regret, that this is a whole new idea — creating a new

neighborhood which would include the young handicapped — and as far as we know has not been duplicated. He thought a recreation center for the area would complete the neighborhood and we explained that one was included in New Community's original plan but no way had yet been found to fund it. He was clearly disappointed.

Although he does spend some time helping the seniors with their requests, Michael also spends a good deal of time in his apartment. It is a throwback to the times he was hurt by people who made fun of the young handicapped. At least now he has a safe, warm apartment to enjoy.

And maybe someday he won't need to take refuge there anymore.



FREEDOM OF MOVEMENT. Harry Squire, a young double amputee enjoys the freedom living in NC Gardens handicapped building affords, since it is barrier free. He is seen using the ramp provided as Lemira Reese, building manager chats with him.

"Kids on the Block" From Kean College Highlight Handicapped

UNION, N.J.—Kean College of New Jersey volunteers will hit the road this fall with The Kids on the Block, a troupe of puppets designed to teach children about handicapped people.

The puppet characters and their puppeteers will appear in the Union/Middlesex Counties area free of charge. Schools and other groups who are interested should contact the Institute for Human Services at the college 527-2326/2264.

The Kids on the Block are large rag doll puppets with various disabilities.

The troupe is funded this year by Kean College, Schering-Plough Corp. of Kenilworth, and the Junior League of Elizabeth/Plainfield.

Brenda Calloway of West Paterson, a professor of special education, has been coordinator of the program since its inception two years ago. She said, "These puppets are internationally known and have been specially developed to promote positive attitudes towards the handicapped."

Calloway said a troupe of "Kids" costs more than \$2,000. "Over the

past two years, we have produced the puppet shows in cooperation with the Junior League of Millburn, the Jackson Township Board of Education and the Washington Rock Girl Scout Council. Over 50 shows were presented."

This season 16 volunteers from the college, Schering and the League will stage the plays that put normal children at ease with the handicapped.

The nine puppet characters are: Mandy, 12, deaf from birth, uses sign language and teaches it to others; Mark, 11, bright with cerebral palsy, and his normal twin; Michael, who represents siblings of disabled children; Melody, 9, who is called "four eyes" by her older brothers; Brenda, 10, an only child with a bad self image — fat; Renaldo, 9, also blind since birth, loves being with normal children; Ellen Jane, 19, retarded, finished with school and employed; Jimmy, 10, who has emotional problems, and Jenny, who has a learning disability.

Save The Date!

**Celebrate:
Martin Luther King's Birthday
with the tenants of
NCC Gardens Senior
on January 15th.**

**It's a Fund Raiser
for NCC Youth**

**Tickets - \$3.00
More on this next month!**

Babyland II

Thanksgiving is a very joyous day giving love to everyone so the month of November's theme at Babyland II was "Showing Thanks." Learning that the key to harmony is love we said our prayers. Our Thanksgiving cards and head dresses were beautiful.

December is upon us giving the children and staff a family togetherness, obtained through shared experience of the 1983 year. Babyland II holiday decorations are being made by the children. A few of the arts and crafts planned activities are: strofoam mobiles, liquid glitter bowls, terrariums of rice, play dough tree ornaments, paper Christmas trees and pinatas. Also, welcome to our new creative Head Teacher, Darlene S. Wood.

Happy Holidays to Everyone!

Attention All Residents of Douglass-Harrison Apartments

**New Community Corporation
Social Services Department
Office Hours
are**

**Mondays & Tuesdays
10 A.M. to 12 NOON
and
2 P.M. to 4 P.M.**

**Wednesdays
10 A.M. to 12 NOON (ONLY)
AT
130 Barclay Street, Apt. A1**

Two social workers will be available during these hours to assist you with any social service need that you may have. You may also reach an NCC social worker by phone any weekday between the hours of 9 a.m. and 5 p.m. at 623-6114.

Scheduled home visit appointments will be made for all "homebound and/or "shut-in" residents upon request.

Peace At Christmas

CHRISTMAS AND GIFTS: A DEEPER MEANING

The name is derived from Christes Masse, the Mass of Christ. Most of the customs now associated with Christmas were not originally Christmas customs but rather were pre-Christian and non-Christian customs taken up by the Christian church.

On December 25th the Romans celebrated the Mithraic feast of the Sun-god, and that the Saturnalia also came at this time. The indications are that the Church wanted to grasp the opportunity to turn the people away from a purely pagan observance of the winter solstice to a day of adoration of Christ the Lord. Early Christians were familiar with the symbolic identification of Christ with the Sun, as in Malachi 4:2, "But unto you that fear my name shall the Sun of Righteousness arise with healing in his wings." It was very easy to replace the Invincible Sun symbolically with the new Sun of Righteousness, and most of the

festivities were carried over whole into the new religion.

You have heard of or are familiar with the story of the Three Wise Men who traveled to Bethlehem to offer gifts to the Christ Child. But have you ever heard of the Fourth Wise Man, who also set out to offer his gifts to the newborn King, yet did not arrive in time with his fellow pilgrims, nor in time to see the 'baby in the manger'?

A wise man in far-off Persia named Artaban observed a new star which he believed signified the coming of the newborn Saviour. He sold all his possessions to buy gifts for the newborn King. A sapphire, a ruby, and a pearl were the three precious jewels. His intention was to join the Three Wise Men but he was too late after he had stopped to care for a sick traveler. Going on to Bethlehem alone, he saw neither the other Wise Men nor the Christ. Grieved, he began a life long search for the King

of Kings. His gifts were one by one used to help the poor and sick.

He was an old man when he came to Jerusalem on the dark day of Jesus's crucifixion. Artaban was seriously injured when an earthquake struck the city as Christ died. As his life slipped away, a gentle voice came to his ears: "Inasmuch as you have done it unto one of the least of these, my brethren, you have done it unto me." He knew that he had met his Lord.

A Gift of Christmas

One Christmas Eve, in anticipation of the celebration of the birth of Christ, an Hispanic girl, saddened because she had no attractive gift to take to the crib of baby Jesus, plucked a wayside weed to offer. Her tears fell fast mingling with dewdrops on the weed as she climbed the steep path to the shining cross. Arriving at the altar, kneeling, she laid her hum-

ble gift at the crib of our Lord. In wide-eyed amazement the dry brown stalks were turning green, the upper leaves of the weed changed to a beautiful scarlet flower. The humble offering that was given by a little child had been transformed into the Flower of the Nativity — the Poinsetta.

Although the gift was humble, it came from the heart and manifested into beautiful radiance, celestial splendor, and a miracle much to the awe and adoration of all the worshippers.

This Yuletide season let us remember and observe the true meaning and significance of Christmas, the birthday of our Lord and Saviour Jesus Christ, the Holy Gift of God to the world and to us.

Lewis Graves
Springfield Branch
Newark Public Library

SEASON'S GREETINGS

More Holiday Fun Recipes

The preparation of food is a most meaningful activity for young children. Although preparation is fun it is also important work. Since children have intense feelings about the people who feed them and the attitudes surrounding food, this is an area where emotions are intimately involved. Sometimes the cooking experience is not only a source for education but one for emotional re-education.

Last year's recipes, namely, "Surprise Muffins," Florida Orange Balls, Marshmallow Pops and Snow Balls provided loads of fun for both parents and children. During this beautiful season, try and enjoy baking the following together:

Orange Sticky Buns

1/3 cup of honey
6 teaspoons of butter or margarine
1/2 cup frozen orange juice, thawed-concentrated
3/4 cup packed brown sugar
1/2 teaspoon cinnamon
1/2 cup finely chopped nuts
2 cans (9½ or 10 ounces each) refrigerated biscuits

Pour honey into 9-inch round cake pan and tilt to cover bottom. Melt butter in a small saucepan; add undiluted orange concentrate. In medium bowl mix brown sugar, cinnamon and nuts. Dip each biscuit into butter mixture and then into sugar mixture, shaking off excess. Stand

biscuits upright in a circle around inside edge of cake pan. Bake in 375 F° oven for 30 to 35 minutes. Cool in pan for 15 minutes. Turn out onto plate and serve warm. Yield 20 biscuits.

Painted Cookies

2½ cups all purpose flour
1 teaspoon soda
1 teaspoon cream of tartar
1 cup margarine
1½ cups sifted powdered sugar
1 egg
1/2 teaspoon orange extract

Sift dry ingredients together. Cream together margarine and sugar. Stir in egg and extract, mixing well. Blend in sifted dry ingredients. Cover and chill 2 to 3 hours. Divide dough in half. Working with one half at a time, roll out into 1/4-inch thick rectangle on lightly floured board. Cut in any desired shape. Place on ungreased baking sheet. **Decorate with Cooky Paint.** Bake in moderate oven (375 F°) 8 to 10 minutes. Makes about 3 dozen.

Cooky Paint: Place small amounts of evaporated milk in separate custard cups. Tint each different color with food coloring. With small brush paint designs on cookies.

HAPPY HOLIDAYS!!!

Sister Marie Infanta Gonzales, OSP
Education Consultant

Waiting — A Christmas Message

Patience — Who has not had to be patient?

Waiting — Who has not had to wait in life?

So often we wait with expectation, such as in Advent when we wait for Christmas. In this life, we learn that our hopes and dreams rarely come true quickly.

So we wait. We live out a million inner moments trusting that what we do not know, or what we do not have, will eventually come to be.

Christmas is God's sign that we do not wait alone. In the gift of Christmas God makes it clear that the deepest yearnings of the human heart will be answered. The God of unfathomable creative power, the God of ever greater mystery, this God becomes one of us.

Christmas sanctified all our waiting and reveals to us in the most personal way that God waits with us. Christmas says most clearly: all of life's waiting has purpose. We cannot deny that our world waits for much this Christmas. Millions wait for food. A strange paradox continues: How can a world so rich hold so many brothers and sisters who are so hungry?

Other people wait for freedom, for the basic freedom that values the

God-given gifts of personal dignity and the right to make one's decisions.

Still others wait for the eyes to be opened of those who hate. When will the world understand that the color of a person's skin has nothing to do with the person's value? God entered humanity as a dark-skinned Hebrew baby, affirming that people of all colors are deeply loved by the Father.

But Christmas also comes back to each of us, personally. What do you await?

What questions remain unanswered? What feelings need to be healed? This Christmas God speaks to each of us. He asks us to share ourselves, to allow him to wait with us.

The miracles of Christmas reside not only in an outer world transformed by colored lights, song and celebration. In the miracles of Christmas, God reaches out to transform our loneliness through his personal presence. This is God's gift to those who seek the deepest meaning in Christmas.

"Steady your hearts, for the Lord is close at hand." May Christmas bring you and the God who waits with you very close.

"Patience, people, for the Lord has come!"

Sister Anastasia, S.S.J.
Social Services

